

# ENCORE: Q&A with Leyla: Is herpes a risk factor for dementia?

written by Dr. Ronald Hoffman | May 7, 2026



When a second opinion is necessary; Could niacin be a factor in cardiovascular disease? Could spasms in your sleep be a prediction of Parkinson's? Could prescribed medications cause tinnitus? Is the herpes virus a risk factor for dementia? And more!

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# ENCORE: Challenging the Conventional Wisdom on Diabetes and Diet

written by Dr. Ronald Hoffman | May 7, 2026



Is everything we've believed about diet and diabetes a "big fat lie"? Join me in a riveting conversation with Gary Taubes, author of "Rethinking Diabetes," as we challenge conventional wisdom on carbs, insulin, and successful treatments. Check it out!

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# Enhancing Muscle Quality: A Deep Dive into Mitochondrial Science

written by Dr. Ronald Hoffman | May 7, 2026



Dr. Brad Currier from Timeline Longevity details the benefits of Urolithin A (MitoPure) for muscle preservation and recovery, immunity, and skin health. From elite athletes to everyday wellness, Urolithin A is revolutionizing mitochondrial health. Check it out!

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## ENCORE: Intelligent Medicine Radio for May 2: Breast-Feeding Moms Gain Less Post-Pregnancy Weight

written by Dr. Ronald Hoffman | May 7, 2026



Study shows brain stimulation with external electronic headset produces weight loss rivaling shots, pills; Breast-feeding moms gain less post-pregnancy weight; Scientists find hidden weight gain trigger in soybean oil; Calculators that assess your risk for heart disease miss the boat—half of actual heart attack victims were said to be at low-risk; Common amino acid may bust Alzheimer’s plaque; Adequate sleep may trump healthy diet, exercise

for longevity; And more!

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## **ENCORE: Q&A with Leyla: The Benefits of Bone Broth**

written by Dr. Ronald Hoffman | May 7, 2026



The concepts of weight-inclusive care and healthism; Medicine's biggest failures; Thoughts on the Shingrix vaccine; Can essential tremor cause unsteadiness and balance problems? Can kidney stones be controlled with probiotics? Thoughts on bone broth; And more!

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## **From Nutrition to Robotics: Modern Advances in Eye Health**

written by Dr. Ronald Hoffman | May 7, 2026



Discover how to keep your vision sharp. Integrative ophthalmologist Dr. Rudrani Banik discusses innovative approaches to vision health, the upcoming Eye Summit 2026, and cutting-edge therapies. Don't miss it!

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# Physical Therapy and the Path to Healing with Dr. Tom Walters

written by Dr. Ronald Hoffman | May 7, 2026



Pain management and injury prevention with Dr. Tom Walters, author of “Rehab Science.” Learn about combating pain and boosting physical resilience. Check it out!

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## Intelligent Medicine Radio for April 25: Does drinking carbonated water help weight loss?

written by Dr. Ronald Hoffman | May 7, 2026



### Part 1: Does drinking carbonated water help weight loss?

New-think on diet for ApoE4, a risk factor for Alzheimer’s–eat meat! Is a non-invasive blood sugar monitor on the drawing board for the next Apple Watch? True or false–does drinking carbonated water help weight loss? Eating while distracted puts on the pounds; Treating duodenitis; How much whey

protein should you consume? Why some people fail to lose weight on GLP-1 drugs.

## Part 2: New Hope Against Pancreatic Cancer

Don't skip homocysteine when testing for dementia risk factors; Treating osteoporosis; New hope against pancreatic cancer; Eating right for Parkinson's Disease; Olive oil helps stave off dementia—but only the right kind; A lifestyle hack that can cut Alzheimer's risk by 38%; How to reduce high calprotectin on a stool test.

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## Q&A with Leyla: Is oatmeal healthy?

written by Dr. Ronald Hoffman | May 7, 2026



Is oatmeal healthy? Advice for higher-than-normal carotid artery intima-media thickness and no appreciable plaque; The hepatitis B vaccine; Protocol for 9-11 first responders for addressing toxic burden and immune support; GLP-1 weight loss drugs—help vs harm; And more!

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# From Indoor to Outdoor: Reviving Health Through Natural Exposure

written by Dr. Ronald Hoffman | May 7, 2026



The “Indoor Epidemic.” Internist, chef, and regenerative farmer Dr. John La Puma reveals powerful insights on sunlight, nature, and their surprising impact on health. Find out how a simple walk outside could transform your wellness. Don’t miss it!